



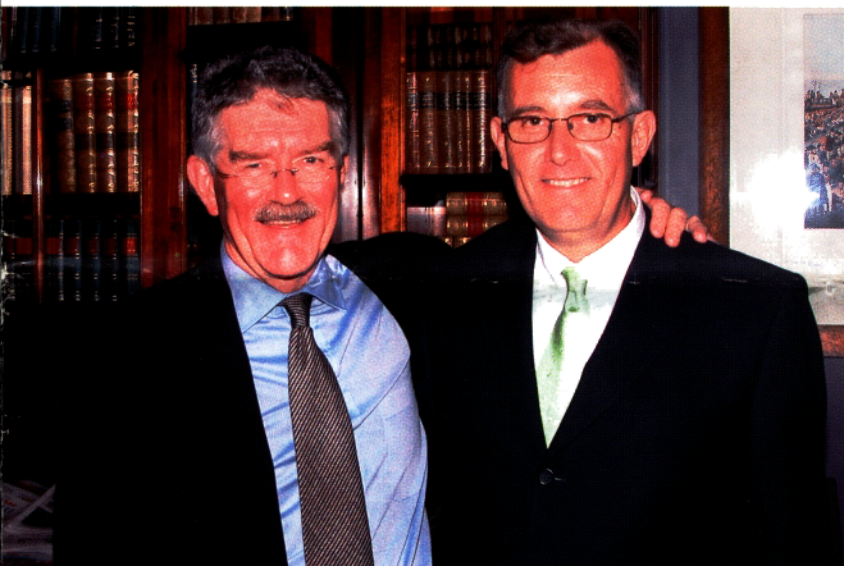
tattersalls

www.tattersallsclub.org for the latest news & events

newsletter august 2004

TATTERSALLS HOSTS BOB DWYER BOOK LAUNCH

One of Australia's most respected rugby coaches Bob Dwyer chose Tattersalls Club for the launch of his long awaited autobiography "Full Time".



Bob Dwyer and Peter Beaumont.

We would like to welcome the new concierge Patrick Smith to Tattersalls.

Originally from Fiji, Patrick has spent the last 24 years living in Sydney.

He claims to be a Wallaby supporter making the exception when they play

Fiji or the combined Pacific team. He was previously employed at the Drummoyne Sailing Club.

Patrick is married and has a son who plays rugby for the Drummoyne Juniors Club.

He looks forward to meeting the members.

Officially launched by John Eales the lunch was a celebration of the life of a rugby revolutionary and the architect of the Wallabies' first Rugby World Cup victory. The lunch was presided over by MC Simon Poidevin who played under Bob in many Wallaby campaigns. The highlight of the day was Bob Dwyer entertaining the large crowd with his personal recollections regarding his years in Rugby.



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From the Secretary



Mark Bartrop
Tattersalls Secretary

Winter in Sydney this year is magnificent with warm crisp days and cool nights, the perfect weather for a leisurely walk to Tattersalls for a magnificent lunch in the Brasserie, see you there.

The Club has been busy with functions both for members and outside clients during July and August.

Another successful young members' night was held on 16th July, members and guests commented on the great atmosphere and camaraderie in the Members' Bar on the night.

On 30th July an Olympic breakfast was held with guest speakers, Tattersalls Club members John Konrads and Chris Fydler entertaining all those present.

The Ski Club held their annual migration to Perisher Valley in the first week of August, from all reports the snow was the best for some years but unfortunately the weather was not. Congratulations to John Murray who won the coveted skier of the year award.

During August we also played host to a number of outside functions. The Bob Dwyer book launch and the New Zealand Tourist Bureau's Bledisloe Cup lunch. Both functions were extremely well patronised with both members and guests commenting on the superb food and service.

At a recent Committee meeting it was decided that the second floor Members' Bar and foyer should show more of the heritage aspects of Tattersalls Club. Members will notice that a number of prints and paintings have been hung in the Members' Bar and two arm chairs from the snooker room have been permanently placed in the 2nd floor foyer. We will over the next few months be making other changes which we hope will showcase the club's heritage.

I would like to advise Members that due to security reasons we will be implementing Membership card checks randomly over the next few months. I would hope that all Members will be accommodating in

Upcoming Events

| | |
|------------------|--------------------------------|
| Sept 10th | Food & Wine Dinner |
| Oct 8th | Young Members' Night |
| Nov 2nd | Melbourne Cup Luncheon |
| Nov 18th | Calcutta Swimming Final |
| Nov 26th | Black Tie Boxing |
| Dec 16th | Chocolate Wheel |

showing their cards as it is for the security of the Club and its Members that we carry out this procedure.

Finally, I would like to urge all members who may know of somebody interested in joining Tattersalls, to utilise the services of

our new Membership Development Manager, Matt North. Matt can be contacted at the club and will gladly carry out an inspection for any prospective new members.

Mark Bartrop
Secretary

FOOD & WINE DINNER

Friday 10th September

Cost is \$95

Includes 6 courses and wines

CANAPES OF TUNA BASIL AND OYSTERS NATURAL

Wolf Blass Gold Label Sparkling

SALAD OF GOATS CHEESE MOUSSE, SEARED TOMATO TART AND BASIL

Matua Hawkes Bay Sauvignon Blanc

SLOW BAKED SALMON AND FOIE GRAS, BROAD BEANS, MORELS AND A VANILLA EMULSION

T'Gallant Pinot Noir

POACHED FILLET OF BEEF WRAPPED IN PROSCIUTTO AND SPINACH, POTATO GALETTE, OXTAIL JUS AND BABY VEGETABLES

Maglieri Sangiovese

SILKY WARM CHOCOLATE TART WITH A VANILLA BEAN ICE CREAM

Baileys Reserve Muscat

COFFEE AND PETIT FOURS

Wines supplied by Beringer Blass

Bookings: Contact the administration office 9264 6111

Email: administration@tattersallsclub.org

From the Chairman



Russell Debney

I know that Mark Roufeil will report fully on the occasion in this or a later edition of the newsletter, but I do want to begin this month with a hearty endorsement of the idea of Tatts members getting together to enjoy themselves in the pursuit of sport and good friendship. The Tattersalls ski week early this month lived up to its reputation as a catalyst for much frivolity, the occasional hard night, some simply dreadful snorers and truly excellent snow conditions.

So, once more, we have benefited from the tried and tested Tattersalls Club formula of mixing members of all ages and stages. Tom Cahill, one of the prettiest skiers you would ever want to see, was Father of the Lodge and would not mind me saying that he will not see 70 again. Proving that age is no barrier, Tom proved himself to be one of the best skiers on tour and tackled every steep slope on the mountain with gusto and finesse. Tom was a close winner from another septuagenarian and fine skier, Bas Phillips, for the best entertainer in the lodge. Bas' return to the mountains was a cause for much celebration after last year's scratching - on vet's advice, so the story goes. Both of these fellows are wonderful company and repositories of mountain lore - and a great example for us "younger" fellows to follow.

Speaking of younger fellows, it was a pleasure to welcome first-timers, Luke Morgan, Peter Werner and Phil Reicheldt. It is probably no coincidence that these fellows have all carved out solid reputations in the newly-formed Tattersalls Boardriders which is fast gaining a reputation as one of the most collegiate groups in the Club and a group that also has enjoyed time away together.

Next month the cyclists are away on another adventure. My money is on the likelihood of another great tour

and we shall look forward to the tales that follow.

Returning to the Club, I am pleased to see that there is a definite upwards trend in the number of nominations of new members. Also that there is increasing interest in the new Corporate member category. I expect that at its September meeting, the Committee will be finalising membership subscription rates for next year and our approach to that task will to a large extent be driven by the forecast of member subscription income. My thanks to those of you who have been active in introducing suitable new members to the Club.

If you have not already done so, do make sure that you keep Saturday 4th of September free for the Tattersalls Club September Race Meeting at Royal Randwick. This is a really good day out and a great opportunity for non-racegoers to enjoy the Members' Enclosure at Randwick in the company of fellow members. For a first class introduction to the track, you might want to consider booking for the Club Luncheon which is restricted to Tattersalls Club members and for which details are elsewhere in the newsletter.

And in case you need reminding, Spring is not far off and if the increasing numbers heading for the Athletic Department are any indication, many members already have an eye to a trim, taut and terrific Summer this year. Brad and his team are always keen to help members enjoy their workout in the Club - and most of all to get us over those initial hurdles to get started. Drop in and be surprised how easy it is to discover better health, newfound energy and the bonus of a trimmer and more confident you!

Chairman
Russell Debney



Join the chairman on the last Thursday of each month following the committee meeting for free drinks in the members' bar.



Tattersalls radiates romance, with soaring arched windows overlooking the evergreen Hyde Park. Grand fireplaces combined with traditional design and high ceilings create a timeless atmosphere for an unforgettable Wedding day.

Our Professional Wedding Co-ordinator is contactable on (02) 9263 9203 to assist you with creating one of the most important days of your life.



TATTERSALLS
181 Elizabeth Street Sydney
NSW 2000
marketing@tattersallsclub.org
www.tattersallsclub.org
For the information of members and their guests

NEVER BE THE SLAVE OF A LOFTY LABEL...

-including ours. The Vince Maloney men shout Bravo for Brioni!

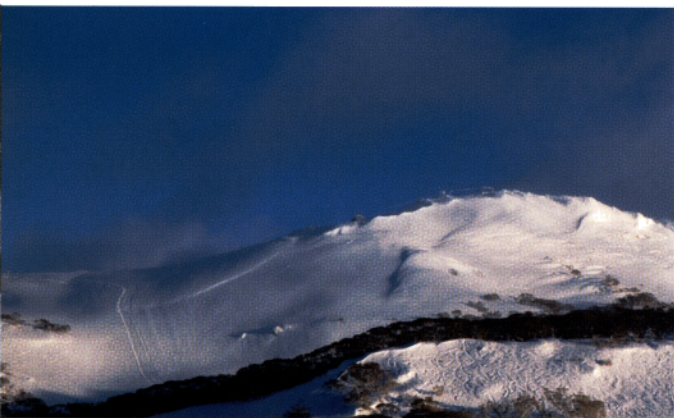
And Rah rah for Rossetti! They think Zegna has zing, Ricci is peachy and Paul and Shark hit the mark and they are very impressed with one or two Italian masters you've probably never heard of. V.M., of course, has all of the above.

So, when the master (that's you) ströls in for a sports jacket or a shirt or a pair of underpants, no single designer crowds you. V.M. customers leave the collecting of autographs to lesser men. They express themselves (with maybe a bit of a respectful nudge from the V.M. brains trust), by picking and choosing from what today's world has to offer.

For instance, Joe S. looked in the other day, accompanied by his wife. Joe always feels at ease with the way Zegna cuts his suits, (tailored in Switzerland). But the sports coat that caught his attention was by Kent & Curwen (the wife's English eye) and the shirt that obviously belonged with it was from Ghirardelli, an Italian discovery of Arthur's.



Vince Maloney on hyde park
Next door to tattersalls telephone 9264 8837



SNOWNEWS IS GOOD NEWS!

It was the best of times, it was the worst of times. There was plenty of good snow, there was howling wind. There was some accomplished skiing, there was some snow-ploughing. There was some spectacular spills, there was some pathetic stacks. All in all this year's Tatts Ski Tour to Perisher proved to be an absolute ripper.

A team of 20 Tatts men revelled in the ideal snow conditions of a deep, firm base of snow dusted with a snowfall each night. There was only one day when the weather prevented skiing. It gave us a chance to rest weary limbs and hone our pool, darts and table-tennis skills as well as sample the many schnapps on offer at the pubs.

Determined skier, John Murray, was elected Skier of the Year. His enthusiasm for the week was infectious and he led by example in ensuring that all tourists skied hard and enjoyed themselves along the way.

Raconteur Tom Cahill entertained the group each night with some tall tales. Although Tom was a 'fresher' on the Tatt Ski Week it was clear that he has had plenty of experience at enjoying himself. He also embarrassed many younger members with his stylish and fearless skiing.



Dinner at the White Spider: Peter, Baz, Tom, John and Bob.



Drinks at the White Spider: Tom, Russ, Hugh, Mike and John.

Committeeman Peter Werner, a novice skier, started the week a bit shaky but ended in fine style, after some expert instruction from experienced campaigners, Russ Debney, Simon Forsyth and Bob Leece, he can now confidently ski all over the mountain. Pete was awarded this year's prize for Most Improved Skier.

Hugh Williamson and Mike Debney excelled themselves in all facets of the tour. They skied ferociously each day and led the charge to the bar each night setting a solid pace for revelry and maintaining it throughout the week. Hugh was the recipient of many of the daily awards of Skier of the Day, Marathon Man and the Muck Up Cup. He is the first member in the history of the club to hold all three awards concurrently.

The return to Wirruna Lodge proved to be an outstanding success. Founding ski club member Bas Phillips (1962) was in his element. He evoked many happy memories of past Tatts Ski Weeks spent in the lodge which sits in front of Mt

commendable community service. Pascal also provided the group with nightly transportation to and from the bars on his skidoo (also a measure to protect the alpine community).

David Vellelli has to be applauded for his foresight in bringing his mate, Ray Terry, who is a remedial therapist. His expertise came in handy in rehabilitating injuries and tired limbs throughout the week.

We were delighted to meet snooker club member, "Chalky" Mike Fitzgerald, on the slopes. Mike was chaperoning four very glamorous young ladies around the ski fields. Unfortunately for us he could not be enticed to join our group.

Human canonball, Doug Barbour, ensured the safe delivery of dozens of bottles of fine wine that were enjoyed during the week. Doug gets the award for the Best Prepared Tourist. Amongst the items in his 125 kilo bag was a shower rose, plumber's tape and a wrench just in case the water pressure in the lodge was not to his liking.



Luke, Chris and Phil.

Perisher providing spectacular views over the mountain range.

Bob Leece, last year's skier of the year, this year is the carry over holder of the Muck up Cup. He was awarded the prize for falling over in the Guthega pub and splitting his elbow open. It was not that act which attracted the award but the fact that he had not yet made it to the bar and a drop of alcohol had not yet passed his lips. As the bar manager summoned medical aid he was also lecturing Bob on the responsible service laws (something we thought Bob already knew about). We suspect it was an extreme measure by Bob to avoid shouting.

The touring party was met by Tatts members and volunteer ski patrollers Pascal Phillips and Jeff Stevenson. They give up their time each year to help keep the mountain safe. A

We were unable to hold our slalom ski race this year. It was snowing and blowing too hard at the time we had the track booked. The perpetual trophy will reflect "2004 -Too much snow to race". The funds that were set aside for the race and the prize pool will be donated to the Perisher Volunteer Ski Patrol on behalf of Tattersalls Ski Club.

All members are welcome to join us in the Tattersalls Ski Week. There were a number of first timers or "freshers" this year who all enjoyed the tour. There is a separate report from their perspective. If you want to receive notices of future weeks you should pass your details to me via the club and I will ensure that you receive notice of future tours.

Off Piste Again

Mark Roufeil - Ski Club Coordinator

Ski Week



The first snow falls of 2004.

Together with other first time ski week attendees (Chris Gorman, Luke Morgan, Peter Werner, Tom Cahill and David Vellelli), I was unsure what to expect whilst on this highly spoken about event. Rumours abound of in house chefs, guides advising location of fresh powder and expert tuition from venerable campaigners.

I am pleased to advise all are true - there was not a disappointed skier in the Wirruna Lodge all week.

It is clear to me why the weekly pilgrimage has been in existence since 1962. Everything ran smoothly which is a credit to the convener Mark Roufeil. Glen Mair (NSW Golf Club Head Chef) and Carlos Calisto

have been on the tour for 7 years now, ensured daily breakfasts and hearty dinners were enjoyed by all.

Skiing / boarding abilities ranged from beginners through to experienced Kamikaze (Luke Morgan) who frequents the slopes in Canada, USA, Japan and Europe, plus those who indulge in the annual heli-skiing pilgrimage.

Typical day began with a gourmet breakfast at the lodge, warm up skiing and then mid morning hot chocolate and freshly baked muffin at mid-station at 10am. Groups (beginners, intermediary and Kamikaze (Bob Leece too) were formed and the day unfolded based on individual desires, skills and abilities. Lunch venues arranged with



attendance being optional, depending on snow quality, fitness level, and banter as a result of the last apre skiing event.

All good news to report.

I think my skiing might have improved a bit too.

Phil Reichelt
Inaugural ski week attendee

Dinner at the Sundeck: John, Chris, Paul, Hugh, Russ, Phil and Luke.



Dinner at the Lodge: Doug, Pascal, Russ, Mike, Peter, Bob, Baz, John and Tom.



Ski Club's "Last Supper".

Level 2
Suite 4
195 Macquarie St, Sydney
Ph: 92229774
Fax: 92229723



Dr Adrian Vertoudakis
B.D.S (Syd Uni)
Clinical Associate University of Sydney

DENTIST

As a fellow Tattersalls member I welcome all members and their families to our new practice conveniently located at Level 2, 195 Macquarie St near Martin Place. With over twenty years experience we provide quality cosmetic and general dentistry in a caring environment.

I am extending a 10% reduction on our normal fees to all members and their families.

For appointments please call Tess or Betty on 92229774
I look forward to meeting you,

Adrian Vertoudakis



Interest in the Boardriders club remains high, with over 50 Tatts members now on the mailing list, and more joining each month.

The Sunday surf morning at Wanda, has now been rescheduled for Sunday 22nd August. The original July 19 date was cancelled on the morning due to gale force winds and heavy seas. While the Kahuna was ready for action, he was talked out of it by his peers. Hopefully Sunday 22nd August will present us with ideal conditions, as we make the trek to the "Shire". The breakfast barbecue will follow.

The weekend on the South Coast at Gerringong/Werri has also been scheduled for Sat/Sun 23-24 October. Plan is to take over some cabins on Friday/Sat night at Werri Beach Park, where we can surf



Ben's Award for "Best Wave".



Ken's Award for "Style Master".



Phil's Award for "Should have Stayed at Home".

Gerringong / 7 Mile Beach area, and play some golf at Gerringong GC nearby. The resident singer/songwriter duo of Peter and Glenn has again been invited, and if this weekend is anything like the Bendalong weekend, it will be one to remember. Mark Roufeil is in the process of writing the songbook for the singalong.

Glenn Atkins has suggested that the annual Bendalong weekend should be brought forward to a March or April timeframe, when the weather is a little warmer.

The TBR's had a table at the recent "Comedy Night" in aid of the Autism Society of NSW, held at the club. It was a fun night, and one which should be an annual event.

A number of the members have been purchasing new surfboards over the winter period, so we hope to see some action from them, next time they hit the water with the TBR's.

Happy surfing.

Kahuna.

SNOOKER CLUB NEWS

Tattersalls Snooker Professional Joe Minici

(3 times Australian Billiards Champion)

As part of the ongoing service to our Members Tattersalls Snooker professional Joe Minici will be available for snooker, billiards or pool lessons on Monday, Tuesday and Wednesday between 12 and 7pm.

All lessons are free for Members.



Contact Joe on 0419 126 012 or at snooker@tattersallsclub.org

SNOOKER REPORT

The Snooker Club notes with sorrow the passing of John Peoples, a long time member of the Club who will be remembered as a courtly gentleman and our deepest sympathies are extended to his family.

The Calcutta competition proceeds apace. Recent results include Chris Bell defeating Barry Beilby (a Law Society Sailing Champion in 1999) with Chris now being in the third round. Glen Wilkinson is hoping that his form remains razor sharp for his coming clash with Peter Twigg who at present is on a five week holiday. Glen beat Sandy Todd to secure his place in the third round.

Rod Morton won his game against Ted Knight while Greg Mizon beat Denis Pidcock, who in an attempt to reconcile himself to this loss took a week off in Perisher Valley. Rod Foord continued his winning form by beating Scott Hall-Johnston. Peter Reid made his customary early exit from the tournament when he was beaten by Brae Antcliffe. Pete follows the same principle as he adopts when hitchhiking. He leaves early to beat the traffic. Eddie Crane met his son Robbie Crane in the second round and defeated him in an outcome sure to chill the atmosphere at the family Christmas dinner.

A number of excuses have been offered by various players as to why they cannot complete their next round at the present time. Frank Galanos was afforded time to recover from his hernia operation. John Stewart's broken leg was considered a legitimate excuse but the member who asked to be excused on the basis of extreme sexual exhaustion was invited to learn to play left handed. In the most

recent Lightning Competition Trigger Woollard, showing excellent form, beat Michael Fitzgerald in the semi final and then went on to win the final by default with Brae Antcliffe complaining that he was not competing on a level playing field. Brae has been invited to bring his own spirit level to the next tournament.

The excellent form of Trigger over the past months has been a source of amazement to the Club but a possible explanation could be found in the fact that he has taken up cycling and has been seen at the local post office collecting parcels of what are said to be dietary supplements sent to him by a laboratory in California.

In the Inter Club, Tattersalls is in the final against Lane Cove, which team includes Eddie and Robbie Crane and Frank Galanos, but still high hopes are held for the Clubs ultimate success.

Bobbie (Atlas) Richards, who is into self improvement, read that drinking was bad for his health and immediately made a resolution to give up reading.

On Thursday 12 August 2004, the eve of the commencement of the Olympic Games, Baron De Courbetin a.k.a Peter Werner called upon all snooker players of the world to assemble on the third floor for a galah evening of snooker, pool, drinks and games. Renata, in charge of catering, asked for a list of all who would be attending, broken down by age and sex, only to be told that it would apply to each attendee. The Kelly Pool proved to be a great success and this event will definitely be repeated.

Chalky

YOUNG MEMBERS NIGHT TASTE OF TASSIE

Following the success of the Australian Boutique beer tasting night, there have been numerous requests for a Tasmanian beer and sparkling wine evening.

On Friday 8th October we are holding a "Taste of Tassie night".

You will be spoilt with a number of boutique beers and sparkling wines available at \$2 a glass.

Finger food complementing the drinks will be served including King Island cheeses, smoked salmon and oysters.

Members are requested to pay a \$10 entrance fee for all guests.

For bookings call the office on 9264 6111.



Melbourne Cup Lunch

Tattersalls will be holding its annual Melbourne Cup race day celebration
Join us on Tuesday 2nd November, 12-5pm

With a full seafood buffet and carvery being served up by executive chef Simon Flanders, along with champagne, wine and cold beer, this event is always an enjoyable afternoon.

- Invite your work colleagues to share in the atmosphere
- Participate in best dressed prizes
- Have a chance to win a lucky door prize
- Enjoy the raffles, auctions and sweeps
- The cost of the day is \$120

Bookings: Contact the administration office 9264 6111
Email: administration@tattersallsclub.org



WHAT'S HAPPENING IN THE BRASSERIE

Due to the overwhelming success of our \$20.00 steaks on Mondays and Tuesdays, we have decided to extend the offer to the end of September. You can enjoy a 200g grain fed fillet or 250g grain fed sirloin with your choice of sauce and potatoes.

For the AD members who are scared to be seen by Brad Pamp tucking into a Sirloin topped with Béarnaise and fries, we now offer poached salmon on a salad of purple basil, tomato, broccoli & beans with a lime dressing to keep you out of trouble.

In the members bar the new Tattersalls Beef and Guinness pie is proving to be as popular as ever and Ashok will be serving up the cocktail of the month, his famous Lychee Martini \$8.00.

Look forward to seeing you there.

Renata



James preparing lunch by the pool.



TATTERSALLS MERCHANDISE AVAILABLE THROUGH AD

| | |
|--------------------------|-------|
| Polo shirt | \$50 |
| Club silk neck ties | \$70 |
| Sports cap | \$20 |
| Training singlet | \$30 |
| Training t-shirt | \$35 |
| Bike Knicks | \$90 |
| Sports socks | \$15 |
| Cycling Jersey | \$80 |
| Pilsner glasses set of 4 | \$150 |



Golf

New Squad Coach

Would all members who have an interest in golf please send your email contact to rod@golfagent.com.au to ensure that your name is on his mailing list. Future activities for your diary; 15th October-Afternoon start at a Northern Beaches club with a BBQ to follow.

November/December Club Championship at NSW Golf Club.

FOR SALE



Available for members only
120 DINING ROOM CHAIRS from The Tattersalls Dining Room
45 SQUARE TABLES (90x90) (Perfect for use as bridge tables.)

The chairs and tables are available for inspection at the Club and may be purchased through a silent auction bid. Place your bid in a envelope addressed to the Secretary and hand it in at the office. Highest bidders will have first choice, buy one or all. Closing date for bids is the 24/9/04

NEW SWIM COACH

As most of you are aware, Graham Hill has commenced as the Tatts swimming coach. I think you would all agree that his enthusiasm and knowledge are sure to take the Tatts squad to a new level.

Graham, in addition will be using the massage room and club facilities to offer his professional services as a Physiotherapist, Masseuse and Personal Trainer.

Graham is currently at University completing a Masters of Health Science in Manipulative Physiotherapy, and has times available where he is able to offer his services. They will vary a bit depending on his timetable.

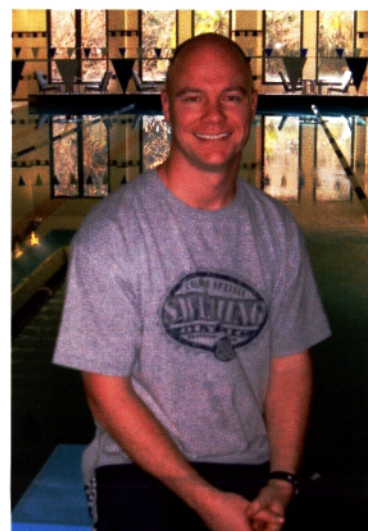
Up to early September, Graham is available from:

8:30am - 2pm Mon, Wed and Fri

7:00am - 12pm Thurs

8:00am - 12pm Sat

His charges are \$45.00 for half an hour, and \$70.00 for the hour. He is



awaiting his HICAPS paperwork, but you will be able to claim on your health funds for physio treatment.

Just ring through to the Gym to book an appointment - they have his booking schedule

NEW MEMBERSHIP RATES

The Committee has introduced a reduction in subscriptions for new and existing younger members.

The changes as set out below became effective on 1 June 2004.

As well as the reduction in subscriptions, the entrance fee for all new members will be set at nil for the time being.

| Category | Membership | Athletics Department | Total |
|----------|------------|----------------------|---------|
| Under 25 | \$550 | \$440 | \$990 |
| Under 30 | \$550 | \$590 | \$1,140 |
| Under 35 | \$825 | \$660 | \$1,485 |

Corporate Membership Package

Tattersalls has developed a new corporate membership package. The new 'Corporate Group' has been developed to cater for individuals who are employed by the same company.

Corporate Discount Rate

| | |
|--|-----------------|
| Corporate Group has 4 to 10 members | Discount is 10% |
| Corporate Group has 11 to 20 members | Discount is 15% |
| Corporate Group has 21 or more members | Discount is 20% |

For all membership enquiries please contact Matt North, Membership Development Manager, on 9263 9201 or matt@tattersallsclub.org

Swimming Club

MONTHS 6 & 7

The Swimming Club has been a hive of activity in the last couple of months, mainly due to the fact that the Calcutta is now up and running and organisers have had to drag prospective competitors kicking and screaming to fulfil their obligation of qualifying swims. This has occurred at substantial effort by organisers and by the time you read this, the dinner/auction will have taken place and an early result may be known.

We have welcomed some new swimmers to our fold including our membership guru, Matt North, who competes with us regularly and with some distinction. Others include Jonathan Cattana and Michael Firmin. You are all welcome and I hope you are enjoying your membership and no doubt you will soon be picking up the "tricks of the trade".

The morning squad has recently been placed into new hands and I wish to extend a welcome to Graham Hill who has taken over the reins and has already shown his obvious competence and apart from that he is a "real good bloke". Graham's services as a physiotherapist, masseur and personal trainer are offered to all club members and you are encouraged to utilise his services.

It was good to see Peter Wakefield and John Barker showing their faces again on the pool deck and we look forward to more attendances in the future.

TWO TATTS RELAY

The date of the relay has been put back one week to 23 September 2004 due to difficulties being experienced by City Tattersalls and you are requested to put that date in your diary, even if you are not a competitor, your support would be appreciated. The venue is City Tattersalls Club and all you aspirants who wish to be included or considered in the Open, Over 40 and Over 50's events, please email me your age, estimated time for 50 metres and your availability if you want to challenge for a spot in any of the teams, which I believe will involve 10 man relays in each age group.



Results of month 6 swimming were:

Tattersalls Gift Voucher 50m Award YTD - End month 6 - 50m

| | | | |
|------------------|------|-------------------|-------|
| 1. Brendan Maher | 40.5 | 1. Brendan Maher | 168.5 |
| 2. Rod Austin | 27 | 2. Russell Debney | 138 |
| 3. Ken Glover | 27 | 3. Ken Glover | 129.5 |
| | | 4. Mark Roufeil | 128 |
| | | 5. Phil Reichelt | 117 |

100m Award

| | |
|--------------------|----|
| 1. Ken Glover | 26 |
| 2. Brendan Maher | 24 |
| Peter Thiel | 24 |
| 3. Cesar Puertolas | 23 |

YTD - End month 6 - 100m

| | |
|--------------------|-----|
| 1. Cesar Puertolas | 127 |
| 2. Ken Glover | 119 |
| 3. Peter Thiel | 118 |
| 4. Brendan Maher | 117 |
| 5. Russell Debney | 104 |

Swimmer of the Month - Month 6 - Manchester Unity Award

Committee's choice - Charlie Robinson

Progress Points in the Col Bowes Memorial Trophy

| | |
|-------------------|----|
| 1. Mark Roufeil | 38 |
| 2. Greg McMahon | 37 |
| 3. Russell Debney | 33 |

Results of month 7 swimming were:

Tattersalls Gift Voucher 50m Award YTD - End month 7 - 50m

| | | | |
|---------------------|----|-------------------|-------|
| 1. David Castle | 37 | 1. Brendan Maher | 175.5 |
| 2. Ken Glover | 34 | 2. Ken Glover | 165.5 |
| 3. Jonathan Papalia | 26 | 3. Russell Debney | 145 |
| | | Mark Roufeil | 145 |
| | | 4. Peter Thiel | 140 |

100m Award

| | |
|---------------------|----|
| 1. Cesar Puertolas | 28 |
| 2. Ken Glover | 22 |
| 3. Jonathan Papalia | 21 |

YTD - End month 7 - 100m

| | |
|--------------------|-----|
| 1. Cesar Puertolas | 155 |
| 2. Ken Glover | 141 |
| 3. Peter Thiel | 138 |
| 4. Brendan Maher | 128 |
| 5. Russell Debney | 120 |

Swimmer of the Month - Month 7 - Manchester Unity Award

Committee's choice - Jonathan Papalia

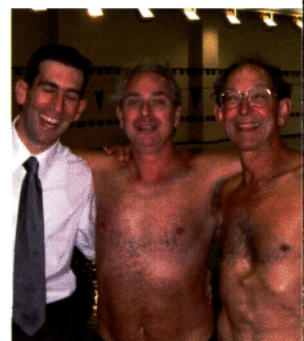
Progress Points in the Col Bowes Memorial Trophy

| | |
|---------------------|----|
| 1. Mark Roufeil | 45 |
| 2. Greg McMahon | 42 |
| 3. Charlie Robinson | 39 |
| 4. Russell Debney | 37 |

COMING EVENTS:

- 27 August - Calcutta Auction/Dinner
- 23 September 2004 - Two Tatts Relay (*new date)

Andrew Torok (andrewatorok@aol.com)



Jonathan Papalia,
Cesar Puertolas,
David Castle.





THE PAMP QUESTIONNAIRE – Are you fighting at your best?

My life is spent encouraging people – to eat better, to exercise better, and to rest better. If the commitment is there and goals are achieved, the benefits can include: increased daily energy level, a leaner physique, and the ability to deal with stress better.

However, there are many that question my proven and tested philosophies, and query whether they really do need to address their current lifestyle.

So, the following is a simple questionnaire that I encourage you complete. If you answer yes to more than 10 [50%], then I feel quietly confident, you will benefit greatly [physically, mentally and emotionally] from a slight change in lifestyle.

1. Do you often find yourself tired, especially between 11.00-12.00 &/or 2.30 and 3.30pm?
2. Do you get dizzy when you stand quickly?
3. Do you get sleepy an hour after eating?
4. Are you frequently thirsty?
5. Do you often wake feeling as though you could do with another hour's sleep?
6. Do you find yourself being bloated 30 minutes after eating some meals?
7. Do you feel the incessant need for coffee or sweet cravings?
8. Has your sex drive decreased?
9. Is your sleep pattern interrupted or of poor quality?
10. Do you experience niggly pains in knees, ankles, neck and lower back?
11. Do you feel less confident in your favourite t-shirt?, or, are you grateful that current fashion allows t-shirts to be hanging out?
12. Do you find your thighs burning after a flight of stairs?
13. Do you find yourself perspiring in air-conditioned offices?
14. OK then, do you perspire big time when you're walking to the bus stop in December?
When getting home at the end of your day, is this common [not necessarily in this order]: TV on, Fridge, - soft drink, and pantry – anything processed, preferably

something sugary, sloth on lounge watching mindless drive!

16. Are you simply too jaded to offer any worthwhile physical, mental or emotional time to love ones at the end of your day?
17. Do you experience mood swings, particularly in stressful times?
18. Do you feel like a quick bite just before you're about to go to bed?
19. Is it all too much to ring up your mates and say G'Day? basically even partying is tough?
20. Have you had more than 3 colds over the past 12 months?

If you have answered or even considered 10/20 questions, then I suggest you make at least one of the lifestyle alternatives mentioned in this newsletter.

Namely:

1. Rhythmic continuous aerobic exercise
2. Reduce all refined sugars, starchy empty carbs, and the majority processed and packaged foods
3. Deep breathing techniques



HOW HARD SHOULD YOU REALLY BE EXERCISING?

Not a party goes by, where I am not bottled up by someone who questions me on "What's the best intensity for me" "I just want to get a bit leaner" It's something like 220 minus my age... isn't it?

In reference to cardiovascular training and the countless and essential associated health benefits, the following formula, I find, to be the most accurate in determining the most appropriate HR training zones. Compliance as previously discussed will provide a leaner physique. (note; of course with an appreciation of your diet)

1. Subtract your age from 180. [180-age]
2. Now – match which profile fits you best

CONSIDERATIONS

3. If you are recovering from major illness, recent surgery (of any sort), or have not exercised seriously for at least 4 years –Subtract an additional 10.
4. If you have not exercised for 1 year, have fought at least 2 –3 colds or flues over the past year, or have only recently given up smoking –Subtract an additional 5
5. You have been exercising regularly and come from parents who were athletically blessed (at one point in their lives) - Add 2
6. If you are a competitive athlete, without injury in recent times and consider taking your conditioning to the next level - Add 7

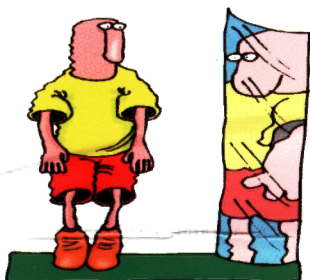
The figure you calculate will represent your aerobic heart rate ceiling. It is fruitless (at this point) to exceed this figure in beats per minute [BPM].

KEY POINTS

- **MEASURING YOUR HEART RATE** – The best and most accurate way is with a heart rate monitor. Wearing a plastic chest strap, the electrical pulse from your heart is recorded and transmitted through to your wristwatch. A constant display of your intensity in BPM provides you with a fool proof coach like information. However you can always manually take your HR using two fingers on your carotid (neck) pulse. Take it for 15 seconds and multiply by 4.
- **Maintain your INTENSITY ZONE** [Maximal Aerobic Pace] for at least 30 minutes, 3-4 times per week.
- **WHEN WILL I BE LEAN** – Of course this is dependent on your eating habits, but from experience, you can expect noticeable results in 5-6 weeks.
- **IF SICK** – If you have a cold or flu, expect your heart rate to be at least 10 beats higher than normal –relative to your usual intensity. Should you wake and find your resting Heart rate 5-10 beats higher than normal – **DON'T TRAIN ON THIS DAY.** Resume lightly (dropping MAP by 10 beats)
- **TRAINING IN HEAT** – Again, expect your ticker to be 5-15 beats higher than normal. Accordingly back off until your system adapts to the warmer conditions.
- **ADAPTATION** – Expect your heart rate to adapt to this stimulus within 2-3 weeks. Consequently, for example –training at 136 BPM will allow (say –if Running) a speed of 11.5 km. In 2-4 weeks, you will be in a position where you can hold 136 BPM on a speed of 12.5KPH. If this is the case – Jolly good, because this means losing big-time body fat is just around the corner.
- **STRESSED** – If you feel emotionally or mentally stressed, expect an increase of 5 –10 beats per minute, particularly at point of rest. If

however, you receive a significant drop in resting heart rate – you may very well be in big trouble. Blow time could be just around the corner. Drop your MAP by 20 BPM, and make a strong point of eating and resting well.

- **MEDICATION** – Some medications may effect your HR. Simply be careful.



TOP 10 REASONS FOR GAINING UNWANTED BODY FAT

1. Diet riddled with refined sugars, starchy carbohydrates, and processed foods
2. Diet too high in saturated animal fat
3. Increased stress –mentally and emotionally. However, can often have the opposite effect
4. Drinking sugary alcoholic drinks
5. Lack of aerobic exercise- Scheduled movement
6. Diet low in essential monounsaturated fats
7. Lack of incidental movement
8. Too much anaerobic movement –scheduled or incidental
9. Food type and quantity eaten at less favourable times in the day
10. AGE

EXAMPLES

1. Sweets and desserts, soft drinks, muffins, potatoes, processed pasta, most breads, crackers, processed cereals
2. Fatty meats, cakes, icecream, heavy cheeses, cream, butters, battered or fried anything, also vegetable oils
3. Mentally taxed, emotionally drained, generally work induced –often leads to unfavourable coping mechanisms.
4. Chick drinks – Baileys, Malibu, Midori, Southern Comfort etc, oh yeah, sorry- Bourbon. Regular excess beer may also do it
5. A sedentary lifestyle provides very little support for a flagging metabolism.
6. If the body never experiences or recognises essential dietary fats like, avocados, nuts (particularly almonds, walnuts, macadamia), olive oil etc, how will your body ever consider fat [stored] as a fuel source?
7. As the speed of technology and progress builds an unstoppable pace, we must consider scheduled exercise. These days we can basically live life from our chair! Yeeeeeek!
8. Anaerobic training or movement uses blood sugar/ then stored

sugar as the preferred fuel source. Too much high intense movement trains your body to always use a sugar source.

9. No breakfast will hurt you. It generally leads to a big back end of the day. Just before you lay horizontal for 8 hours. Get it? Your metabolism slows to snail mode.
10. Don't you hate this one? Yeah that's right, the older we get, the slower our metabolism becomes. But it is number TEN for a reason. Research firmly concludes we can alter the aging process to a large extent. BY ADDRESSING NUMBERS 1-9, YOU STAND A GREAT CHANCE OF RESISTING THE GAINING OF BODY FAT.

HOW DO YOU RATE IN BODY FAT?

For years now, I have pinched, weighed, jabbed, scanned & infra-red beamed scores of people, all in the name of measuring body fat. To guys, it is sort of like discussing your golf handicap. No real big deal – right? Perhaps not! There is, and always will be misconceptions about the accurate percentage of body fat we carry. Anyway, here's my favourite, most reliable and less skilful test I now currently use. A test or measurement that you can do at your leisure.

WAIST TO HIP RATIO

1. All you need is a reliable, un-stretch tape measure. Marked with cm's- for the yanks
2. Standing tall in your birthday kit, record (cm) the circumference around your waist. So you always measure the same spot –make sure the tape measure is around your belly button.
3. Then record (cm) the circumference around your hips. The widest point around your bum.
4. Divide your waist measurement by your hip measurement. WAIST/HIP

As guys, if you measured over 1, it's time to implement some of our lifestyle alternatives.

- 1 -0.9 Not bad, but don't slacken off
- 0.9 -0.8 Good shape –low body fat
- 0.8 - 0.7 Ripped.
- 0.7 - 0.6 Mega-athlete, genetically blessed

- 0.6 – 0.5 Disregard all our health options, and get on the burgers and beer!

For your info someone like Lote Tugiri, Brett Lee or Shane Crawford would measure between 0.68 –0.75.

THIS MONTH IN THE AD

1. **SHOES AND T-SHIRT/ SINGLET** – I received a number of supportive e-mails regarding my interest in members wearing shoes and at least a singlet or t-shirt (when in the gym only). So, I would like to ask for member support on this matter. Please consider my proposal as I strongly believe it is in the best interest of member safety, equipment lifespan, and general hygiene. Thanking you for your support.



2. **CLUB CLOTHING AVAILABLE AT AD FRONT DESK.**
3. **IN HOUSE LAUNDRY AVAILABLE**
4. **AUDIO/ VISUAL LINK IN GYM- IMPORTANCE NOTICE** – We now provide AM/FM receivers that can be linked to the displayed frequency under each of our 3 TV's. Headphones can be purchased for \$10 at the front desk. There is no charge to hire the receivers. This system allows all members to listen to their desired station. Of course you can also pick up all radio stations.



5. **NEW SWIM HEAD COACH** – Graham Hill started as Head Coach on Monday 5th July. Graham is an accredited swim coach, accomplished swimmer in his own right, and also a Physiotherapist –currently practicing. Graham would be one of the most qualified coaches going round. Please make him feel welcome, and certainly use his wealth of knowledge. I certainly will!
6. **PHYSIOTHERAPY** – Our club will now offer in-house –Physiotherapy. Graham Hill will provide his services by appointment.

For the full
AD Newsletter visit:
www.tattersallsclub.org

We talk to Nigel Watts

Sportsman, Future Planner, Architect of Tattersalls Members research project.

Where did you grow up?

Roseville, on the North Shore where I went to primary school.

Where did you spend your senior education?

I went across to Joeys. Everyone played rugby at Joeys, it doesn't matter if you played in the 'F's' or the 'G's'.

I really enjoyed the school and played loose-head prop in the 1st fifteen, when we won the comp, and rowed a couple of years in the 1st eight. We had some great facilities and coaches. It gave me a good fitness base and some of my best mates are from those days.

You don't look as tall as a typical rower or as thickset as a prop?

I'm average height and rowers tend to be big lanky fellows and my crew mates were just that, when you came to me sitting in a boat with the rest of the crew there seemed to be a gap!

I was a good engine room rower who trained hard and led by example.

And after school?

Sydney Uni Studying Sports' Psychology. I studied to be a PE teacher but never taught, I was more interested in Sports' Psych. I graduated with honours and my thesis was on motivational methods of elite athletes. I went on to do a Master's in psychology as well.

What career did you follow?

I'm a consultant and educator, that's my background. I run a management consulting firm called Future Platform. We provide organisational diagnostic services for businesses: customer satisfaction, leadership identification, performance appraisals - that sort of research.

I provide advisory and strategic analysis around the outcomes of the data. Firstly, we isolate the feedback. For instance, we say:

"This is where you said you want to be, this is where the feedback says you are at the moment, let's identify the issues and how you're going to get there."

The same principles apply to anyone looking to improve. In our work we meet some fantastic people and see some great companies.

In an age of giant management consultant firms like say, McKinsey or Andersons, where does a company like Future Platform fit in?

It's a very diverse market. Big companies like the BHP's, AMP's, can afford to pay two to ten million and engage the giant consultants that may

have hundreds of staff - they tend to be systematic or modularised in their approach. Then, you get the one's that provide the more boutique services that we specialise in to organisations that don't need that scale of change, but do need decisive, incisive information and advice.

Historically, the safe bet is to take on a big name, whereas a lot of my clients are looking for a solution that is more innovative, more tailored and more subtle within their organisation.

The large firms are sensational on analysis and recommendations, whereas I spend eighty percent of my time on the implementation of the findings which is great as the best part of the business is the relationships I have with my clients.

How does your sporting background aid your profession?

What is useful from my sports psychology is that the principles I identified in elite athletes were the same principles that you apply to a progressive organisation: goal, clarity, the application of detail, a wonderful concept called "Integrity of Effort", - those sorts of things.

What is "Integrity of Effort"?

It means if you're going to do something, do it absolutely at your best. If you keep striving for the best outcome, day by day, the results speak for themselves. When you're challenged and pushed and feel that you've got nothing left yet you burrow in, quite often people will find another five or ten percent - it can take performance to another level.

The thing that distinguishes elite from non-elite are those sort of capabilities, it's not necessarily a physical thing. The concept can be applied whether it's how we deal with our staff, influence our kids or pursue our goals. It's about knowing what your purpose is and driving at it.

What is the most important step in success?

Knowing what your goal is and building a path that will take you there.

Tracking and celebrating small achievements along the way is also great for motivation.

Do you still have time for sports?

Absolutely, I've been paddling in the Hawkesbury Classic, pursuing Tatt's member and friend Tom Nolan's achievement. Tom has the age record and it's a sensational result. I came third in my class last year which I was pleased with. I ski with the family, I've got a great wife Louise, and children Campbell eight and Giorgia who's six and we're all into it as well as water skiing.



Nigel Watts

I fly fish as often as I can, we have a little place in Kangaroo Valley and there's good fishing around there. A couple of years ago, I walked the Milford Track in New Zealand, I took my rod and fished as we went. It was unbelievable.

You managed the recent Tattersalls members' surveys?

I'm currently working with secretary Mark Bartrop and the committee to help assess the club's direction. Every city club is feeling challenges these days. We have done a quantitative survey of members, backed by focus groups across the age spectrum and the staff as well, to help plan future directions.

The survey has told us what people are happy about and gave us demographic data - who uses the club, what they use etc and what they saw as priorities.

Does anything stand out to you, so far?

The club's motto: "Honour and Friendship". It's clear that it pervades each member but needs to be re-emphasised because it shows the big difference between Tattersalls and other clubs.

One of the reasons that I came to Tatts was the facilities - the AD for instance is superb and Brad's doing a brilliant job of running it - but you learn that facilities are only part of the club's offer, the other is the members and I don't think we are utilising the relationships, experience and success of our members to influence our younger members.

For instance, when I did the focus groups of younger members, one of the things that stood out was that they wanted to be able to access the experience of the older, corporate warriors who will be able to 'mentor' them from time to time.

Tatts is much more than a good venue, we want to utilise the tremendous experience and good naturedness of the members more. I enjoy the camaraderie of the place.

It's about participation. That's what counts.